

**What is claimed is:**

1. A pull exerciser comprising:

a handle;

a resilient cord including an end piece attached to an end thereof,

5 the end piece having a diameter greater than that of the resilient cord; and

a positioning plate including opposed first side and second side, the positioning plate including a plurality of holes extending from the first side of the positioning plate through the second side of the positioning plate, each said hole including a diameter greater than that of the end piece of the resilient cord, allowing passage of the end piece of the resilient cord from  
10 the first side of the positioning plate to the second side of the positioning plate, the positioning plate further including a plurality of retaining slots, each said retaining slot including a cord-receiving portion and a guiding portion, the respective cord-receiving portion having a diameter smaller  
15 than that of the end piece of the resilient cord, the respective guiding portion including a first end communicated with an outside and a second end communicated with the respective cord-receiving hole, the respective guiding portion including a reduced section having a diameter smaller than that of the resilient cord;

20 the resilient cord extending through the handle and the respective hole, and the resilient cord being removably, forcibly inserted into the respective cord-receiving hole through the respective guiding portion.

2. The pull exerciser as claimed in claim 1, wherein the respective guiding portion tapers from the first end thereof toward the second end thereof.

3. The pull exerciser as claimed in claim 2, wherein the reduced section of the guiding portion of the respective retaining slot is the second end of the respective guiding portion.
4. The pull exerciser as claimed in claim 1, wherein one of the holes has a center coincident with a center of the positioning plate.
5. The pull exerciser as claimed in claim 1, wherein the positioning plate further includes a flange on an end edge thereof for improving strength.
6. The pull exerciser as claimed in claim 1, wherein at least one of said retaining slots is located between two of said holes adjacent to each other.
- 10 7. A pull exerciser comprising:
  - two handle;
  - a resilient cord including two ends, an end piece being attached to each said end of the resilient cord, the respective end piece having a diameter greater than that of the resilient cord; and
  - 15 two positioning plates each including opposed first side and second side, each said positioning plate including a plurality of holes extending from the first side of the positioning plate through the second side of the respective positioning plate, each said hole including a diameter greater than that of the respective end piece of the resilient cord, allowing passage of the
  - 20 respective end piece of the resilient cord from the first side of the respective positioning plate to the second side of the respective positioning plate, the respective positioning plate further including a plurality of retaining slots, each said retaining slot including a cord-receiving portion and a guiding portion, the respective cord-receiving portion having a diameter smaller
  - 25 than that of the respective end piece of the resilient cord, the respective guiding portion including a first end communicated with an outside and a

second end communicated with the respective cord-receiving hole, the respective guiding portion including a reduced section having a diameter smaller than that of the resilient cord;

5 the resilient cord extending through each said handle and each said hole, and the resilient cord being removably, forcibly inserted into the respective cord-receiving hole through the respective guiding portion.

8. The pull exerciser as claimed in claim 7, wherein the respective guiding portion tapers from the first end thereof toward the second end thereof.

9. The pull exerciser as claimed in claim 8, wherein the reduced section of the  
10 guiding portion of the respective retaining slot is the second end of the respective guiding portion.

10. The pull exerciser as claimed in claim 7, wherein one of the holes of the respective positioning plate has a center coincident with a center of the respective positioning plate.

15 11. The pull exerciser as claimed in claim 7, wherein the positioning plate further includes a flange on an end edge thereof for improving strength.

12. The pull exerciser as claimed in claim 7, wherein at least one of said retaining slots of the respective positioning plate is located between two of said holes adjacent to each other.

20 13. A pull exerciser comprising:

a handle;

a resilient cord including an end piece attached to an end thereof, the end piece having a diameter greater than that of the resilient cord; and

a positioning plate including opposed first side and second side, the  
25 positioning plate including in sequence a first hole, a first retaining slot, a second hole, a second retaining slot, a third retaining slot, and a third hole,

each of the first hole, the second hole, and the third hole extending from the first side of the positioning plate through the second side of the positioning plate, each of the first hole, the second hole, and the third hole including a diameter greater than that of the end piece of the resilient cord, allowing  
5 passage of the end piece of the resilient cord from the first side of the positioning plate to the second side of the positioning plate, each of the first retaining slot, the second retaining slot, and the third retaining slot including a cord-receiving portion and a guiding portion, the respective cord-receiving portion having a diameter smaller than that of the end piece of the resilient  
10 cord, the respective guiding portion including a first end communicated with an outside and a second end communicated with the respective cord-receiving hole, the respective guiding portion including a reduced section having a diameter smaller than that of the resilient cord;

the resilient cord extending through the handle and each of the first  
15 hole, the second hole, and the third hole, and the resilient cord being removably, forcibly inserted into the cord-receiving hole through the guiding portion of each of the first retaining slot, the second retaining slot, and the third retaining slot.

14. The pull exerciser as claimed in claim 13, wherein the respective guiding  
20 portion tapers from the first end thereof toward the second end thereof.

15. The pull exerciser as claimed in claim 14, wherein the reduced section of the guiding portion of the respective retaining slot is the second end of the respective guiding portion.

16. The pull exerciser as claimed in claim 13, wherein the second hole has a  
25 center coincident with a center of the positioning plate.

17. The pull exerciser as claimed in claim 13, wherein the positioning plate further includes a flange on an end edge thereof for improving strength.